

TIP OF THE

April 15, 2005

SWORLD

Incirlik Air Base, Turkey



Hands are not for hitting

**Child Abuse Prevention Month
highlights community involvement**

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On the cover:

Dante Dawson (front) and Cheyenne Houston, Incirlik family members play on the slide outside the Child Development Center. Child Care providers, neighbors and friends can help parents with their children. Giving parents some time off can help prevent child abuse from happening. See related article, Page 8. (Photo by Senior Airman Jessica Switzer)

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COMMANDER'S COMMENTS



By Col. Michael Gardiner,
39th Air Base Wing commander

The weather is getting warmer and summer is just around the corner. It is time for vacations, swimming pools picnics and parties. Just remember to be considerate of your neighbors, keep the noise down and be careful of the new hazards summer presents like dehydration, heat exhaustion and sunburn. Drink lots of water and wear sun screen.

Food pointers

Picnics with friends and family are a lot of fun, but when handling food the risk of bacteria is also present. There are four steps to keep food safe from harmful bacteria:

- ♦ Always wash hands in warm soapy water for 20 seconds before preparing food and after using the bathroom, changing diapers and handling pets.
- ♦ Separate your food items and store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods.
- ♦ Use a meat thermometer to measure the internal temperature of cooked meat and poultry. Beef and pork should be 145 degrees and poultry should be cooked to 180 degrees Fahrenheit.
- ♦ Keep foods refrigerated and freeze perishables. Prepared food and leftovers should be put in the refrigerator within two hours. Refrigerators should be set to 40 degrees and freezers set at 0 degrees Fahrenheit.

For additional food safety tips visit

www.fsis.usda.gov or contact the public health office at 6-6123.

Bicycle safety

People are heading outdoors to enjoy the summer weather. To ensure a safe and enjoyable experience, remember to follow all of the laws of the road and ride safely.

- ♦ Ride with your children to set a good example
- ♦ Obey traffic laws
- ♦ Wear a helmet
- ♦ Yield the right of way to vehicles and pedestrians
- ♦ Ride single file on the right side of the road and trails
- ♦ Stay in control, especially when approaching a cross street
- ♦ Avoid streets with high traffic
- ♦ Cross major streets at lights or cross walks
- ♦ Watch parked cars for opening doors
- ♦ Use hand signals when changing direction
- ♦ Make sure bike seats and helmets are properly adjusted
- ♦ Inspect the bike before each ride to make sure it works properly
- ♦ Bring water and snacks

Force Protection

It has been a week since we began the 1 a.m. curfew and alcohol related incidents have dropped. The curfew is still in effect so make sure to be on base before 1 a.m., NOT just walking up to the gate. It is always important for everyone to remember to be aware and alert wherever they are here in Turkey. Alcohol dulls the senses and slows brain function; this could make people miss important safety or force protection information. We need all of you to keep the mission on track. So be alert, drink responsibly (if you drink), and take care of your wingman. Remember, Incirlik Force Protection, your life depends on it.

Corrections and clarifications

Correction: On Page 3 of the April 8 edition of *Tip of the Sword* Master Sgt. Jeffrey Martin was incorrectly identified as belonging to the 39th Communications Squadron. Sergeant Martin is a member of the 39th Contracting Squadron.

Correction: On Page 12 of the April 1 edition of the *Tip of the Sword* the photo cutline incorrectly stated that officer and enlisted can join the honor guard. Only those with the rank of technical sergeant and below may join the Incirlik Honor Guard.



Airman Information File

April 2005

EDITORIAL

Embracing Change!

The only thing that remains constant is change — it happens around us everyday. When we face change we can choose to embrace it, or ignore it and let change occur without us.

When we continue with business as usual instead of rising to the challenge of change, we eventually become extinct, but by embracing change we ensure our relevancy into the future. The Air Force has fought in many different conflicts over the years. Each operation requires us to review our strategies and tactics to guarantee they are the best to win our current, and future, fights.

During the Cold War, we prepared ourselves to face a large superpower. The tragic events on 9/11 presented us with an enemy that required different strategies and tactics. Today, we face an organized system of terrorists who wear no uniforms. With this new fight come new challenges like quickly being able to take out fleeting and mobile targets. We also need to figure out how to handle and neutralize a terrorist who has strapped-on C4 explosives before he can harm others. It's clear change is required for us to remain relevant and successfully win all future conflicts.

There are different aspects to change. One aspect is the technical challenge — solving the problems that allow us to adapt and overcome. Harnessing new technology and exploiting it against our enemies is one way we can adapt to meet these technical challenges. The other aspect, and usually the more difficult to achieve, is the attitude and motivation required to effectively change. Vince Lombardi stated, "The difference between a successful person and others is

not a lack of strength, not a lack of knowledge, but rather a lack of will." Most of us are normally resistant to change — mainly because change brings out a fear of the unknown. It requires us to move out of our comfort zone into unfamiliar territory. Others oppose change because of a fear of failure.

History holds many examples where failure accompanied initial change, but through perseverance, success was eventually achieved. Abraham Lincoln failed early at business, was defeated in his run for the Senate and passed over as a Vice-Presidential candidate, but he never gave up. He went on to become one of the greatest Presidents of our United States with the courage to change our nation in ways that are still being felt today. Change requires the courage to move out of the familiar into the unfamiliar and to overcome our fears and failures until we succeed.

Change — it's inevitable. We can anticipate it, embrace it, lead the way and be successful, or we can drag our feet, let change happen and react after it's too late. It's been said that when you're through changing, you're through. Stay ahead of all who oppose us and keep us the most respected and feared Air Force in the world — embrace change!

General Doc Foglesong

CMSgt Gary Coleman

"Bring Your Courage"



Photo by Senior Airman Dallas Edwards

Morale visit

(Left to right) Master Sgt. Stanley Gohl, 728th Air Mobility Squadron first sergeant; General John Handy, United States Transportation Command and Air Mobility Command commander; and Lt. Col. Janon Ellis, 728th AMS commander, talk during the general's visit to Incirlik Sunday. General Handy came here to meet with 728th AMS and 385th Air Expeditionary Group troops.

Wingmen lend helping hand to anxious Airman

By Tech. Sgt. Misty Hudon
39th Mission Support Squadron

As I sat there cuddling with my son the night before I was to leave to Ramstein Air Base, Germany, I could not help but dread driving on the Autobahn.

I have been pulled over only one time before in my whole life, and as ridiculous as it sounds, it was for going too slow. This of course was not my only worry. I also thought about the trip and everything that I have been taught in the military about terrorism and being a target. After all, I was going to stand out like none other because I am a white female traveling alone in a country and I cannot speak their language.

When I entered the airport at 4 a.m., I immediately looked around to see if I knew anyone. I felt my heart skip a beat when I noticed that there were Americans sitting on the back wall waiting for the same plane I was. I also thought I recognized one of the men as an individual that presented an award for one of my Airman Leadership School classes.

When I arrived in Istanbul I introduced myself to one of the gentlemen and found out that they were going to Ramstein as well. What a relief, I told Chief Master Sgt. Brian Van Alstine, 39th Security Forces Squadron security forces manager how I was feeling apprehensive about doing this all alone and they immediately took me under their wing.

It was at the first passport check that I first knew for sure that I could trust them to help me out.

As we were standing in line, people were crowding around and cutting in line. Master Sgt. Todd Weidensaul, 39th SFS NCO in charge, helped me block people from crowding up past us and even Lt. Col. Timothy Ferguson, 39th SFS commander, had to tell one person "No, no, no cutting."

I never knew that "no" was a universal word, but the lady that was cutting in line stopped immediately. Sergeant Weidensaul made sure everyone was accounted for before we moved from the passport line to the next gate. It was so stressful, standing in line back there, that I felt like I was being led on a cattle drive.

I kept telling myself how lucky I was to run into such a great group of Airmen, and to

have them as my wingmen felt like a blessing.

When we finally got on the plane Chief Van Alstine and Sergeant Weidensaul made sure they knew where I was seated and told me they would wait for me when they got off the plane.

The second plane ride did not feel quite as stressful, since I did not feel alone anymore, not to mention feeling a whole lot safer thanks to my wingmen. True to their word, they were waiting for me when I got off the plane.

Colonel Ferguson asked me who I booked my rental car with. When I told him he said since I have a different rental car company than theirs he would like for Sergeant Weidensaul to go with me just to make sure I get the rental car all right.

After finally getting the rental car, I was preparing myself to follow them back to the base. At that point Sergeant Weidensaul offered to go the extra mile, knowing I was feeling apprehensive about being on the Autobahn. What made me relax even more was the fact that he had been stationed here before and even acted as a tour guide on the ride to the base. I not only arrived safely but got a guided tour out of the deal for free. After I checked into billeting they made sure I knew how to contact them if I had any problems.

When I first met up with Colonel Ferguson and his wife, Chief Van Alstine, and Sergeant Weidensaul I had no idea of their rank or where they worked.

My first glance identified them as Americans from the base. I had just had a wingman briefing the week before at commanders call and we had to opportunity to tell of our wingman stories. Little did I know that I was about to gain four new wingman on this TDY.

I want everyone to know that the person written down on your wingman card is not the only wingman you have. It can be your spouse, co-workers, squadron members, supervisors, first sergeants, chiefs, commanders, or even just another American when traveling abroad. The wingman mindset should be foremost not only on duty, but off-duty. To be a good wingman you just have to identify someone in need of help and step up.

YOUR TURN

April is Child Abuse Prevention Month, how do you make sure your children know they are loved?

"Plenty of hugs and kisses and 'I love yous.' That's big in my family. I am always there for them to talk to, no matter how tired I am that comes first."



— **Master Sgt. Tina Benitez-Clark**,
39th Mission Support Squadron

"I spend time with them, playing with them, going on walks or bicycling."



— **1st Lt. Darin Fawcett**,
39th Air Base Wing Judge Advocate's Office

"I let them have sleepovers and give them lots of hugs and kisses. I volunteer at the school so I know what's going on."



— **Yvonne Byars**, Incirlik family member

"I call and e-mail my kids every chance I get. The lines of communication are constantly open."



— **Senior Master Sgt. Bernard Sims**, 39th Operations Squadron

To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

ECAMP team tests new process at Incirlik NEWS

By Brian Panther
39th Civil Engineer Squadron

An external environmental compliance assessment and management program visit is Monday through April 22 here.

Numerous laws impact Air Force operations. A violation of any of these laws can lead to the shut down of a facility or stiff fines, penalties, civil lawsuits or criminal prosecution, according to an Air Force fact sheet. Regulatory compliance protects the environment and the health and well-being of the work force and surrounding community.

To assist the compliance effort, the ECAMP places a high priority on self-inspection and total workforce adherence to regulatory and permit requirements.

Recently, the Air Force has begun an orderly, quality-based environment, safety and occupational health management system that provides safer, healthier and more productive work conditions while reducing potential risks to the environment.

"The Air Force ESOHMS is a management structure designed to ensure consistent execution of environmental, safety and health policy across the entire Air Force to reduce mission risks and improve performance," said Lt. Col. John Coho, Office of the Deputy Assistant Secretary of the Air Force for Environment, Safety and Occupational Health, deputy for pollution prevention.

"The key to making the policy effective in achieving these improvements is leveraging the skills and training of each member of the Air Force to manage responsibly the ESOH risks inherent in their daily mission activities," he said.

The ESOHMS is patterned after international standard ISO 14001, Environmental Management Systems - Specification with Guidance for Use. This is the only internationally recognized EMS standard. The goal is to have the new management system in place throughout the service by Dec. 31, 2005.

An Air Force audit conducted last year recommended adoption of a quality-based versus compliance-based management system, Colonel Coho said.

"With the new policy, the Air Force will evolve its current compliance-based management system into a quality-based management system to handle the environmental, safety and occupational health requirements inherent to our core mission," he said.

The ESOHMS is an ongoing and evolving processes, Colonel Coho said. "We're not looking for a quick fix; we will evolve toward an ESOH management system. By getting management connected from the air staff level on down, and holding people accountable for meeting objectives, it helps us all achieve continuous improvement," Colonel Coho said.

Since the ECAMP is in the early stages of this transition, U.S. Air Forces in Europe is performing a test of the process here and at Izmir. Any findings outside of the already established criteria will not be included in the ECAMP report. For more information, call Brian Panther or Duane Kruse at 6-3787. *(Information from the June 2001 Air Force Policy Digest was used in this article)*

What they are looking at

Some of the areas the ECAMP team will be looking at are:

- ◆ Air emissions
- ◆ Cultural and natural resources
- ◆ Hazardous materials and waste management
- ◆ Pesticide management
- ◆ Solid waste management
- ◆ Storage tank management
- ◆ Toxic substances management
- ◆ Water quality and wastewater management



Photo by Airman 1st Class Bradley Lail

Reach for it

Airman 1st Class Jezerel Liwanag, 39th Communications Squadron voice network technician, changes telephone jumper wire on a vertical block

Grone: BRAC 2005 important for many reasons

By **Samantha L. Quigley**
American Forces Press Service

WASHINGTON (AFPN) — Base Realignment and Closure 2005 is in full swing and this round is important for many reasons, said Philip Grone, deputy undersecretary of defense for installations and environment.

To support ongoing force transformation, to improve the joint use of Department of Defense assets and to convert waste to warfighting are important in and of themselves, Mr. Grone said April 11.

“But the timing of BRAC for 2005 is also important because it provides a platform, an opportunity, for us to assess the sites and select the sites for forces that will return to the United States as a result of the broader global-force posture realignment that the secretary and the department have undertaken.”

DOD uses the process to reorganize its installation infrastructure to most efficiently support its forces, increase operational readiness and facilitate new ways of doing business, according to the BRAC Web site. The first BRAC occurred in 1988, and more followed in 1991, 1993 and 1995.

The next big BRAC deadline is May 16 when Secretary of Defense Donald Rumsfeld must make his recommendations for realignments and closures to Congress and the commission. By Sept. 8, the commission must send

its findings to the president, who has until Sept. 23 to approve or disapprove the report.

Mr. Grone said that initially all installations are considered for closure or realignment.

“By statute, all military installations are to be treated equally,” he said. “Throughout this process, we are assessing all of our installations and functions and missions in an equal way so that we can have a defensible package of recommendations to provide to the independent commission.”

There are several criteria for selecting a base, but one top consideration is the base’s current and future mission capabilities and the effect on operational readiness of the total force, including the impact on joint warfighting, training and readiness.

“In this round of BRAC, the joint cross-service groups that we have established have greater breadth (than BRAC 1995),” Mr. Grone said. “So rather than looking at, as we did in 1995, depot maintenance in this round of BRAC, we’re looking at all of the industrial activities of the department on a joint basis.”

Medical functions, headquarters and support, education and training, intelligence, supply and storage are all being assessed from a joint perspective, he said. This will help provide the most efficient military structure.

Mr. Grone said that jointness is a “key aspect” of this BRAC. “The decision process in this BRAC is joint from top to bottom in this

round of BRAC,” he said.

Another important criterion is the availability and condition of lands, facilities and associated airspace at existing and potential receiving locations. That availability also extends to homeland-defense training missions.

Officials at bases chosen for closure or major realignment can expect the process to be completed within six years from the approval of recommendations. They can expect some assistance and guidance from the DOD and interagency partners, Mr. Grone said.

Officials at DOD’s Office of Economic Adjustment make planning grants and assistance available. Also, Mr. Grone said, a series of policy reforms will enhance the DOD’s ability to move forward to close or realign a base as expeditiously as possible to allow the economic redevelopment of the areas affected.

“All the communities that support our military installations do so very solidly with a great deal of cooperation and partnership,” he said. “But as a result of what we must do to enhance the military mission, it’s inevitable that there will be some bases, as excess capacity, that no longer will be required.

“In those circumstances, we’re going to work in a very productive way, we trust, with those local communities ... working in partnership with them to provide a foundation for solid economic redevelopment,” Mr. Grone said.



Courtesy photo

Batter up

Amanda Steffen, Incirlik family member knocks the ball off the tee during a T-ball game Monday.

Incirlik recognized in special order

In March of 2000 Special Order GA-20 was released recognizing the 16th Air and Space Expeditionary Task Force with the Air Force Outstanding Unit Award for exceptionally meritorious achievement from March 24 to June 10, 1999.

Several Incirlik units were recognized as well:

The 39th Aerospace Medicine Squadron ♦ 39th Air Expeditionary Wing ♦ 39th Civil Engineer Squadron ♦ 39th Communications Squadron ♦ 39th Comptroller Flight ♦ 39th Contracting Squadron ♦ 39th Dental Squadron ♦ 39th Logistics Group ♦ 39th Logistics Group Detachment 1 ♦ 39th Logistics Group Detachment 2 ♦ 39th Logistics Support Squadron ♦ 39th Maintenance Squadron ♦ 39th Medical Group ♦ 39th Medical Group Detachment 1 ♦ 39th Medical Operations Squadron ♦ 39th Medical Support Squadron ♦ 39th Mission Support Squadron ♦ 39th Operations Group ♦ 39th Operations Support Squadron ♦ 39th Security Forces Squadron ♦ 39th Security Forces Squadron Operating Location A ♦ 39th Services Squadron ♦ 39th Supply Squadron ♦ 39th Supply Squadron Operating Location A ♦ 39th Support Group ♦ 39th Support Group Detachment 1 ♦ 39th Transportation Squadron ♦ 39th Transportation Squadron Operating Location A.

New campaign medals honor Iraq, Afghanistan service

WASHINGTON (AFPN) — Two new campaign medals announced April 7 recognize servicemembers for their contributions in Iraq and Afghanistan.

Defense Department officials announced the Afghanistan Campaign Medal and Iraq Campaign Medal for servicemembers who directly supported Operation Enduring Freedom between Oct. 24, 2001, and a date to be determined in the future or Operation Iraqi Freedom between March 19, 2003, and some future date.

The new campaign medals were established by presidential order for servicemembers who have been assigned, attached or mobilized to units operating in these areas, officials said.

Until now, servicemembers deployed to Afghanistan and Iraq during the designated timeframes were awarded the Global War on Terrorism Expeditionary Medal.

"By awarding separate medals, we will recognize the specific contribution that our (servicemembers) have made in Afghanistan and Iraq," said Bill Carr, DOD's principal director of military personnel policy. "It's appropriate that we present them with an award that truly honors their heroic service in these operations."

Servicemembers with the Global War on Terrorism Expeditionary Medal remain qualified for it, and officials said, they may apply for the appropriate new campaign medal as well.

Servicemembers may receive both of the new campaign medals if they meet the requirement for both awards. However, officials said, the qualifying period of service for one award cannot be used to justify eligibility for the other. Just one award of each of the new medals is

authorized, as no service stars are prescribed.

No servicemember is entitled to wear all three medals for the same act, achievement or period of service, officials said.

The area of eligibility for the Afghanistan Campaign Medal includes all the country's land and air spaces. The Iraq Campaign Medal applies for service in Iraq, its waters out to 12 nautical miles, and the airspace over Iraq and its 12-mile water area.

To qualify for the awards, servicemembers must have served in the appropriate region for 30 consecutive days or 60 nonconsecutive days, officials said.

Servicemembers also qualify for the medals if they have been engaged in combat during an armed engagement, regardless of the time spent in the area, or were wounded or injured and required medical evacuation from the area of eligibility while participating in an operation or on official duties.

Regularly assigned aircrew members flying sorties into, out of, within, or over the area of eligibility in direct support of military operations also qualify, with each day of operations counting as one day of eligibility.

On the uniform, the Afghanistan Campaign Medal will be positioned below the Kosovo Campaign Medal and above the Iraq Campaign Medal. The Iraq Campaign Medal will be positioned below the Afghanistan Campaign Medal and above the Global War on Terrorism Expeditionary Medal.

Each military department will serve as the awarding authority for the new campaign medals and issue regulations for processing, awarding and wearing them, officials said. *(Courtesy of American Forces Press Service)*

IN THE NEWS

Shotgun auction

A shotgun auction is 10 a.m. to 2 p.m. Saturday at the base fitness center. The auction is open to all Incirlik military and civilian people. All weapons are sold as is with no refunds. Only cash and checks are accepted. For more information, call Senior Airman Andrew Brice at 6-6669.

Career exploration speakers

Speakers are needed to provide high school students insight on various careers during the Pathway to Careers class. The class meets 9:20 to 10:50 a.m. and the following dates are open: April 25, 27 and 29. For more information, call Kelley Cunningham at 6-6330.

Promotion ceremony

A promotion ceremony is 3 p.m. April 29 in the club ballroom. Promotees need to be in place no later than 1 p.m. and all guests are asked to arrive no later than 2:45 p.m. For more information, call Master Sgt. Elroy Hanks at 6-6476.

New POV registration

The tax exemption process has been improved to allow vehicle pick up within two weeks of its arrival. For more information, call the 39th Security Forces Squadron Pass and ID at 6-6617.

Transaction fee

The transaction fee SATO travel charges per ticket increased to \$38.30 for official travel. The fee appears as a separate charge on the ticket invoice. Travelers can file for reimbursement on their travel voucher as part of their reimbursable travel expenses.

Special duty assignment

The Family Support Center is looking for a military family readiness NCO. This is a special duty assignment that initiates a new 24-month tour at Incirlik. For more information, call Bill Lawson at 6-6755.

Readiness moving

The 39th Logistics Readiness Squadron mobility section has moved to Building 282. For more information, call Master Sgt. Gregory McCoy at 6-3224



Battery operated smoke detectors are available at the Self Help Store.

For more information, call the 39th Civil Engineer Squadron fire prevention section at 6-3021.

Loving a child:

Incirlik celebrates Child Abuse Prevention Month

April is the month when military family advocacy programs, local and federal agencies and citizens across the nation focus special attention on the prevention of child abuse and neglect.

The American Academy of pediatrics estimates more than 2.5 million cases of child abuse and neglect are reported each year. Of these, 35 percent involve physical abuse, 15 percent involve sexual abuse and 50 percent involve neglect.

"When it comes to child abuse prevention, many of us can point the finger to someone else, but the truth is we all share the job because it really takes a village to raise a child," said Capt. Brandon Christensen, 39th Medical Squadron family advocacy officer.

"The observation of Child Abuse Prevention Month gives each of us individually and together the opportunity to promote the best for optimal childhood. Supporting the personal development, health, wellness and well being of our children, youth and teens, is imperative to the strength and stability of healthy communities."

Each year a different theme is chosen for Child Abuse Prevention Month. This year the theme is "safe children and healthy families are a shared responsibility."

"The primary responsibility for children's health and well being rests with parents, but they cannot do it alone," said Susan Orr, U.S. Department of Health and Human Services Children's Bureau associate commissioner, in the 2005 Child Abuse Prevention Month community resource packet. "All families benefit from the help of strong supportive neighborhoods and communities. We all play a role in helping our children thrive."

In recognition of Child Abuse prevention month there are several events going on around Incirlik. A booth will be set up at Arkadas Park during the Spring Fling April 23, and at the elementary school is using a "hands are not for hitting" campaign to teach children about abuse. The children learn more about what hands are good for and get to add their own ideas to the list. Many classes make posters and art that is displayed in the classroom or around the school, said Casey Wichlacz, 39th MDS family advocacy outreach manager.

"In my experience, a large number of the people who do this are

ordinary people in a bad situation," he said. "If we can give them support, teach them and help them with whatever their problems may be we can prevent a lot of these types of things from happening."

One of the things Family Advocacy offers to help new and expecting parents make the transition into parent hood is the Family Advocacy Nurse. This nurse is available to make home visits to help new and expecting parents.

"She is there for support and education," said Mr. Wichlacz. "She helps them with everything from prenatal questions to early childhood things. She is their link with the base's medical staff."

Part of what the Family Advocacy nurse does is to be outreach, to be education and to help fill in for the support system people may not have here they would have in United States, he said.

"Once you've been through it once it's not always as hard with the second and third child," said Mr. Wichlacz. "It can be very hard with the first, especially in a foreign country like Turkey. New parents have a lot of support from the military community; they take care of each other."

That support is the foundation of preventing child abuse, according to the U.S. Department of Health and Human Services Children's Bureau. The most effective strategies for preventing child abuse in a community require friends and neighbors to help. Playgroups can help people who are having problems meet with others who are having the same experiences, share ideas and build long term friendships and support.

"Everyone can do small things every day that help children have healthy, safe lives like reading a child a book, or leaving a note in their lunch," said Captain Christensen. "Children are our future, and as such, our most precious community asset. Family advocacy program education, training family education fairs, clinical intervention activities, prevention initiatives, consultations and briefings are just some of the ways we encourage the investment of formal agencies and community members alike," he said. "The goal is that our homes and communities nurture the healthy development of children."

(Courtesy of 39th Medical Squadron Family Advocacy)

AMMO takes pre-season softball tourney

By Tech. Sgt. Robert Burgess
39th Air Base Wing Public Affairs

The 39th Maintenance Squadron softball team "AMMO" captured the 50th Anniversary Incirlik Softball tournament Saturday at Field 1 blasting 39th LRS twice.

Tech. Sgt. Jeffery Thomas, 39th Air Mobility Base Wing protocol, organized the pre-season softball tournament to help raise funds on behalf of the 56 club for the upcoming Incirlik 50th Anniversary celebration. In the title game AMMO brought their A-game Saturday. They were relentless at the plate; they hit almost everything out of the park. AMMO's hitting streak started early

Saturday morning as they handed CONS their second loss in the double elimination tournament by hitting six home runs in one inning and cycling through the batting line up three times. The hitting continued Sunday, against LRS to win the tournament.

Sergeant Thomas said the tournament was delayed one week because of the weather. "It was a good warm up for the regular intramural softball season."

The next softball tournament is being sponsored by the Men's and Women's Incirlik Varsity Softball team and is scheduled for this weekend. For more information about the upcoming tournament call, Staff Sgt. Joseph Jones, 6-1164.

Stray animal traps

The 39th Civil Engineer Squadron pest management shop is setting live animal traps in housing. Captured animals will be sent to the stray animal facility.

People are advised to leave traps in place and not approach a captured animal.

For more information, call Edwin Spalding at 6-6762.



Ask MEHMET

By Mehmet Birbiri, Host Nation Adviser

Snake Castle

Question: Mehmet, why is the Snake Castle named Snake Castle? Are there snakes there that it is named after? Will you tell us about it please?

Response: The closest ancient site to Incirlik Air Base is Snake Castle which is 20 minutes away from the base on highway E-5 going east toward Iskenderun.

To reach the castle at the intersection of E-5 and the end of the alley, turn east (left). After driving about 20 minutes you'll see a yellow sign saying Yılan Kale, which means Snake Castle, pointing to the right. The castle, built on top of a rocky hill, can be seen miles away, even before the sign. The road leads to the outskirts of the castle. After parking your vehicle you will need to climb up to the castle. You will be asked to pay an entrance fee and probably a fee for parking.

At the top, there is a spectacular view of the area and the Ceyhan river. Snake Castle is one of the series of castles built in the area. There are about 40 castles in and around Adana region.

Not much is known about its history other than it was built in the 11th or 12th century A.D. and was used by the crusaders. It is believed the main reason behind building the castle at the present location was to control the route we know as highway E-5 which is part of the ancient "silk Road" used by Cleopatra. This has been a major and important route of travel for thousands of years. The highway was also used by Alexander the Great on his way to India from Macedonia.

There are three towers on the castle. Two are on each side of the gatehouse and the third faces the entrance. This tower has a carving of a lion. The castle contains a cistern, storerooms, a chapel and many more inner rooms. In addition to the main gate, the castle has several inner gates. The openings in the walls gave a great opportunity to the inhabitants to watch the activities taking place below. Those openings were also used to by the archers to shoot arrows through



Courtesy photo

and to throw rocks and pour boiling oil onto the enemies while defending the castle.

Many scholars think the castle was built to be the fortress of a prince instead of the castle of a king.

There is an interesting tale about how the castle got its name. According to legend, the towns and cities in this part of the world each used to be ruled by their own king. Each city was its own kingdom. All the kingdoms were living happily in peace and enjoying good relations with their neighbors.

The major cities in the area were Adana, Tarsus and Misis. You can see Misis from the top of the castle on the shore of the Ceyhan river.

Aside from a king, each city had snakes living in the castle. The snakes were at peace with human beings. The snakes also farmed the fields and traded with the neighboring kingdoms. They were prosperous as well, but the king of Tarsus was a jealous man. He envied the snakes' prosperity.

One day, the king of Tarsus held a festival and invited all his neighbors, including the king of snakes, Sahmeran.

As the story goes, Sahmeran had a human head with the body of a snake. He went to Tarsus to participate in the festival. It took him and his men a while to arrive to Tarsus on a hot summer day. The king of Tarsus welcomed Sahmeran and his men and asked them if they would like to take a bath before joining the festivities.

Thinking of the heat and dusty road, he appreciated the gesture. Sahmeran and his guards went into the old bath of Tarsus. Before entering the bath all the guards left their arms and weapons at the entrance. It was an ambush planned by the king of Tarsus which killed Sahmeran and his men.

The tale says, after that incident the snakes spread out to the world as the enemies of human beings. The tale also states that one day Tarsus will be ruined by snakes,

Kozan Castle is another one of the 40 castles in and around the Adana region. This castle is nearly 3,000 years old. An old legend says that each large city in the area had its own king and castle.

Adana by floods and Misis by wind.

Actually, Misis is now very windy, there are a lot of snakes in the fields around Tarsus and, if it was not for the dams built on the Seyhan river, Adana would flood frequently. Ironically, despite the dams, there was a big flood in 1980.

As side note, there are some dark brownish spots on the walls of the Old Bath in Tarsus. The locals of Tarsus believe they are the blood stains from Sahmeran. If you go to Tarsus, at a major intersection you will see a statue of Sahmeran with snakes surrounding him.

Yilankale is an ideal place for a half day trip from the base. Watching a sunset is great from the castle. Watching the sun set from any ruin throughout Turkey is gorgeous. Remember, the castle is not new and old stones and mortar are potential safety hazards. Be very careful climbing around these historical sites and keep a keen eye on children.

In Turkish

kale - castle
(kah - leh)

yılan - sanke
(yuh - lahn)

tarihi - historic
(tah - ree - he)

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

New Year, New You, Part IV

Wanted: Support with a (good) attitude

By 1st Lt. S.J.B. Bryant

39th Air Base Wing Public Affairs

The Russian mystic, Madam Swetchine (1782-1857) may have had the participants of the *Tip of the Sword's* New Year, New You articles in mind when she said, "We deceive ourselves when we fancy that only weakness needs support. Strength needs it far more."

All eight participants of the series of articles agree that support and encouragement are vital through all phases of goal-keeping – during the weak as well as the strong times. And all have noted specific individuals or base agencies that have been there through thick and thin in an effort to help them reach their physical, financial and educational goals.

From spouses and co-workers to base agencies and international budget programs, the participants found support in obvious and not-so-obvious places.

For "Cuttin' Up," the Health and Wellness Center's Big Loser team from the 39th Air Base Wing manpower and organization flight and Personnel Support for Contingency Operations, the support came from obvious sources – the HAWC and fitness center.

"The choice I made to join the Big Loser program has allowed the HAWC to help me work towards my goal," said Staff Sgt. Trish Keen, MO analyst, who shares her goal and the team name with co-workers, Senior Master Sgt. Donald Byars, MO chief; Master Sgt. Robert Rochester, MO superintendent; Martha Valdez, MO analyst; and Staff Sgt. Anndee Williams, PERSCO member. "I still would have made this goal, however it was more fun working with others with the same types of goals and having the support already in place. The support they provided was a focused time to work on that goal. And as of today, I am right on track."

For other members of the "Cuttin' Up" team the support comes from a well-known source and a base facility many use daily year-round.

"The sports center is my refuge and mentor," said Sergeant Byars, who also praises the fitness center staff and especially Master Sgt. Earnest Fasoldt and Staff Sgt. Michael Correll who helped him navigate the Fitlinxx kiosk. "I had never used the gym before this new fitness standard, but have found it to be a very rewarding venue in my journey toward lifetime fitness. They are open early and I can work-out before I head off to the office. The atmosphere is relaxing with mirrors to assess my progress and television to keep my mind off the pain."

There are plenty of people available to support but to find those supporters with good attitudes is rare say some participants.

"I would have conformed to standards as always, but have moved beyond the status quo in an attempt to become a healthier Airman and increase my value to the Air Force and my family," said Sergeant Byars. "The fitness staff is friendly and always available to chit-chat about sports, the programs and Fitlinxx. They are quick with a smile when I approach the counter and it is almost like they are happy I'm

there. I have now mastered over half of the available work stations and lost about five pounds of fat thanks to the fitness center staff. I have a long way to go, but would be a lot farther from my goal without their help."

Another "good attitude" and supporter in helping people reach financial peace is Lt. Col. Samuel Douglas, 39th Mission Support Group deputy commander and Financial Peace University facilitator. It is because of his contributions that couples like 2nd Lt. Rebekah Greenwood, 39th Communications Squadron Aerospace Communications and Information Expertise lieutenant, and her husband, Staff Sgt. Jared Greenwood, 39th Logistics Readiness Squadron vehicle maintenance quality assurance evaluator, are achieving financial goals they set for their family at the beginning of the year.

"First of all, the program helps people establish written goals then teaches them how to achieve financial goals," said Colonel Douglas, who has been assisting the chapel-sponsored program since it began in September. "It is interesting how most people spend more time picking out new clothes than they do planning their financial futures.

The course teaches people how to become financially secure by learning to save money, get rid of payments, utilize tax favored investments for retirement and plan for college while giving a whole bunch of it away. We just ended two classes, and the participants in one of the classes eliminated more than \$114,000 in debt. Now that is financial peace."

"By participating in the class, we eliminated more than \$8,400 in debt and better understand financial management," said Lieutenant Greenwood.

Senior Airman Jason Procaccino, 39th Security Forces Squadron pass and registration clerk, may have just spent as much as the Greenwoods have saved pursuing his college education. But continuing education, according to Colonel Douglas and other financial advisors, is almost always a sound investment. Airman Procaccino has completed three semester hours and is enrolled in two other classes on his way to an associate's degree.

"I have to thank my brothers and sisters at the 39th Security Forces Squadron, especially Staff Sgt. Thomas Wagner, 39th SFS Pass and Registration NCOIC, who has supported me every step of the way," said Airman Procaccino. "He encourages me and tells me to get school done early in my career. He also refuses to let me procrastinate and even took it to the extent of signing up for the same classes I was taking."

But Airman Procaccino admits even if his supervisor were not as supportive, he would still strive for his degree because when he wants something bad enough he will work hard to get it regardless of what obstacles stand in his way.

"I am just that type of person," he added. "Of course, we are talking about Security Forces and it seems like everything to us is challenging because of our schedules. But, I would have expected nothing less from my squadron because whether we are supporting each other, volunteering or working we always go above and beyond the call of duty."

"We deceive ourselves when we fancy that only weakness needs support. Strength needs it far more."

— Madam Swetchine
Russian Mystic (1792-1857)

THE INCIRLIK GUIDE

Community Center

A **Madden football challenge** is 1 p.m. Saturday. Cost is \$5 to enter, the winner takes the cash. Participants need to bring their own controller. A **spring cleaning flea market** is 10 a.m. to 2 p.m. Saturday. Cost is \$10 per table. For more information or to sign up, call 6-6966.

Sunday Brunch

Brunch is served from 9:30 a.m. to 1:30 p.m. every Sunday in April at the club complex. The cost is \$5.95 for club members and \$6.95 for non-members. For more information call the club at 6-6101.

Design contest

The Incirlik library is holding a book-mark design contest for children in Kindergarten through 12th grade. The contest runs through April 30. For more information call the library at 6-6759.

PTSC meeting

Nominations for Incirlik high school Parent Teacher Student Club board members are being accepted through May 9. Elections are 5 p.m. May 10. The next PTSC meeting is 5 p.m. Tuesday in the media center. To make a nomination or for more information, call Senior Master Sgt. John Herkel at 6-6439.

Classes for parents-to-be

A mandatory orientation class for all new mothers and their spouses is from 8 11 a.m. every second Wednesday at the hospital. The **Birthing Class parts I and II** are also encouraged for all pregnant mothers (in their third trimester) and their spouses. Classes are from 4:30 to 5 p.m. in the hospital library conference room. For more information, call the women's health clinic at 6-6787.

Parenting class

The "parenting with love and logic" begins April 28 and is Thursdays until May 12. The class is 11 a.m. to 1 p.m. at the elementary school. To sign up or for more information, call the Family Support Center at 6-6755.

WARRIOR OF THE WEEK



Mustafa Tasli

39th Services Squadron
Outdoor Recreation Assistant Manager

Time in service: 24 years

Hometown: Adana, Turkey

Time on station: 20 years

Hobbies: Fishing, walking, driving

What do you like the most about Incirlik?

Our customers are very friendly and nice people. The people who are interested in

outdoor sports are fun and supportive. While I have worked here I have been learning and having fun.

How do you contribute to the 39th Air Base Wing's mission?

People work long, hard hours at Incirlik. We offer them many outdoor activities like skeet and trap shooting, fishing, hiking, snorkeling, scuba diving and other daily trips so people can refresh themselves.

What is your favorite motto?

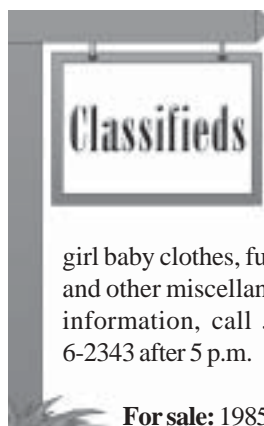
"Give the customer the best service and make their day."

What Air Force core value best describes you?

Excellence in all we do and Integrity.

Supervisor's quote:

"Mr. Tasli exemplifies the Air Force core values," said Christopher Skully, 39th Services Squadron community support flight chief. "He has impeccable integrity, is selfless in his service to the Incirlik community and exhibits excellence in all he does for the troops and their families."



Yard sale: A "Baby days are over" yard sale is 8 a.m. to noon Saturday at 2810C Balikesir. Items for sale include boy and

girl baby clothes, furniture, bedding, toys and other miscellaneous items. For more information, call J. Missie Shields at 6-2343 after 5 p.m.

For sale: 1985 Honda Civic, 2 doors, red, sunroof, standard transmission. PCSing, must sell. Asking \$400 O.B.O. For more information, call Taylor Vandenboogaard at 6-5559.

For sale: 1990 Toyota Corolla, Japanese specs, four-door automatic. \$1,400 O.B.O. For more information, call Joe Conley at 6-2253.

For sale: Three-piece light wood entertainment center. Holds 39 inch television. Each side has glass doors with lights on the inside. Plenty of storage below in each piece. It is the perfect size for a family. Asking \$600 OBO. Call Andrea or Branden Stogner at 6-5400.

Found: A gold men's bracelet was found at the Moonlight Cafe. Those who wish to see if the bracelet belongs to them should stop by the Moonlight Cafe during business hours.

Volunteers needed: The chapel needs volunteers to assist with light office duties. No

experience required, training provided. For more information call the chapel at 6-6441.

Services available: The Incirlik club complex can deliver full and half-sheet cakes for birthdays and other important occasions. For more information, call 6-6101.

Position available: Department of Defense Dependent Schools is currently accepting applications for a secretary. Applications may be picked up at the Incirlik elementary school. For more information, call 316-3109.

Positions available: People who are separating from the Air Force can join the Massachusetts Air National Guard. People who have completed their Air Force enlistment may qualify for a \$15,000 bonus. For more information, call DSN 698-1567, commercial 1-800-247-1567 or e-mail recruiting@mabarn.ang.af.mil.

Artists needed: The 39th Air Base Wing is looking for artists to design an original art lithograph for Incirlik's upcoming 50th Anniversary. For more information, call the 39th ABW Historian at 6-9667.

Dog trainer needed: A dog trainer is needed to train a 2-year-old female Shih-Tzu. Owner will pay to work with the trainer. For more information, call 6-2429 in the evenings.

Nanny available: People looking for a nanny can call Ebony Salvati 6-5311 after 4:30 p.m.

Routine moves

(Left to right) Akea Hayes and Brianna Milner, Incirlik family members, practice a dance routine for the youth talent contest. The two participated in the youth talent camp this week. The camp helped children participating in the contest work on things like stage presence, expressions and individual performances. The contest is 7 p.m. today at the Club. There will be both solo and group performances. An awards banquet for the contest is 5 p.m. Sunday. For more information, call the youth center at 6-6670.



Photo by Senior Airman Jessica Switzer

COMBAT, SPECIAL INTEREST PROGRAM

Crossroads Café

Today: The Hospital Top 4 organization sponsors food and fellowship at the Crossroads Café from 7 to 11 p.m. It is open to everyone ages 18 and older. **Saturday:** The Protestant Women of the Chapel sponsors food and fellowship at the Crossroads Café from 6 to 10 p.m. For more information, call Senior Airman Tianna Milagro at 6-6441.

Combat Touch happenings

Officers' Christian Fellowship meets Thursdays at 7 p.m. at 4040 D Adana Street. All officers and their spouses are invited. For more information, call 2nd Lt. James Bridgman at 6-1168.

Catholic Mass will be celebrated at 5:30 p.m. April 23 instead of April 24. There is no mass April 24. For more information, call Patty Heidlage at 6-3890.

Hidden Heroes

Incirlik will celebrate Hidden Heroes at the Annual Volunteer Recognition Ceremony at 3 p.m. April 22 at the club complex. All volunteers are invited. For more information, call the Family Support Center at 6-6755.



AT THE OASIS

Today

7 p.m. – In Good Company (PG-13) – Starring Dennis Quaid and Topher Grace. Dan is demoted from head of ad sales in a corporate takeover. His new boss, Carter, is half his age—a business school prodigy who preaches corporate synergy. Both men are going through turmoil at home. (110 minutes)

9:15 p.m. – Constantine (R)(1st Run) – Starring Keanu Reeves and Rachel Weisz. Renegade occultist John Constantine teams up with skeptical policewoman Angela Dodson to solve the mysterious suicide of her twin sister. (121 minutes)

Saturday

5 p.m. – Racing Stripes (PG) – Voices of Frankie Muniz and Hayden Panettiere. A traveling circus accidentally leaves behind cargo, a baby zebra. The foal is rescued by horse farmer Nolan Walsh. The Walsh farm borders the Turfway Racetrack, and from the first moment Stripes the zebra lays eyes on the track, he is hooked. (102 minutes)

7:30 p.m. – Constantine (R)(1st Run) – Starring Keanu Reeves and Rachel Weisz. (121 minutes)

Sunday

7 p.m. – Hide and Seek (R) – Starring Robert DeNiro and Dakota Fanning. As a widower tries to piece together his life in the wake of his wife's suicide, he discovers that his young daughter is coping with the death in a strange and scary manner. (111 minutes)

Thursday

7 p.m. – Constantine (R)(1st Run) – Starring Keanu Reeves and Rachel Weisz. (121 minutes)

AT THE M1

Ring Two (PG-13) — 1 p.m., 3:15 p.m., 7:30 p.m. and 9:45 p.m. (107 minutes)

The Pacifier (PG-13) — 11:30 a.m., 1:30 p.m., 3:30 p.m., 5:30 p.m., 7:30 p.m. and 9:30 p.m. (91 minutes)

Miss Congeniality 2 (PG-13) — 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m. and 9:30 p.m. (115 minutes)

Movie listings are subject to changes. On-base listings are courtesy of the Army and Air Force Exchange Service Web site at <http://www.aafes.com/ems/euro/incirlik.htm>; M-1 listings are courtesy of the Tempe Cinemaxx Web site at www.tepecinemaxx.com.tr. For more Oasis information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.